

USDA Nutrient Database for Standard Reference, Release 14

Vitamin A, IU (g) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 11424 | Pumpkin, canned, without salt | 245 | 1 cup | 54037 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 156 | 1 cup | 38304 |
| 11508 | Sweetpotato, cooked, baked in skin, without salt | 146 | 1 potato | 31860 |
| 11124 | Carrots, raw | 110 | 1 cup | 30942 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 85 | 3 oz | 30689 |
| 11510 | Sweetpotato, cooked, boiled, without skin, without salt | 156 | 1 potato | 26604 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146 | 1 cup | 25845 |
| 11655 | Carrot juice, canned | 236 | 1 cup | 25833 |
| 11512 | Sweetpotato, canned, vacuum pack | 255 | 1 cup | 20357 |
| 11124 | Carrots, raw | 72 | 1 carrot | 20253 |
| 11128 | Carrots, canned, regular pack, drained solids | 146 | 1 cup | 20110 |
| 11581 | Vegetables, mixed, canned, drained solids | 163 | 1 cup | 18985 |
| 11461 | Spinach, canned, drained solids | 214 | 1 cup | 18781 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 190 | 1 cup | 14790 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180 | 1 cup | 14742 |
| 11647 | Sweetpotato, canned, syrup pack, drained solids | 196 | 1 cup | 14028 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164 | 1 cup | 13079 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105 | 1 cup | 12285 |
| 18327 | Pie, pumpkin, prepared from recipe | 155 | 1 piece | 11833 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145 | 1 cup | 10775 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170 | 1 cup | 10168 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130 | 1 cup | 9620 |
| 05172 | Turkey, all classes, giblets, cooked, simmered, some giblet fat | 145 | 1 cup | 8752 |
| 11821 | Peppers, sweet, red, raw | 149 | 1 cup | 8493 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130 | 1 cup | 8260 |
| 09176 | Mangos, raw | 207 | 1 mango | 8061 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240 | 1 cup | 8014 |
| 07014 | Braunschweiger (a liver sausage), pork | 56.7 | 2 slices | 7967 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144 | 1 cup | 7917 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 182 | 1 cup | 7784 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144 | 1 cup | 7344 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205 | 1 cup | 7292 |
| 11821 | Peppers, sweet, red, raw | 119 | 1 pepper | 6783 |
| 09176 | Mangos, raw | 165 | 1 cup | 6425 |
| 11546 | Tomato products, canned, paste, without salt added | 262 | 1 cup | 6406 |
| 06024 | Soup, chicken vegetable, canned, chunky, ready-to-serve | 240 | 1 cup | 5990 |
| 11162 | Collards, cooked, boiled, drained, without salt | 190 | 1 cup | 5945 |
| 06067 | Soup, vegetable, canned, chunky, ready-to-serve, commercial | 240 | 1 cup | 5878 |
| 09181 | Melons, cantaloupe, raw | 160 | 1 cup | 5158 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 136 | 1 cup | 5114 |
| 11819 | Peppers, hot chili, red, raw | 45 | 1 pepper | 4838 |
| 11659 | Sweetpotato, cooked, candied, home-prepared | 105 | 1 piece | 4398 |

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| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170 | 1 cup | 4366 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140 | 1 cup | 4243 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244 | 1 cup | 4126 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve, commercial | 243 | 1 cup | 3951 |
| 22905 | Beef stew, canned entree | 232 | 1 cup | 3860 |
| 18326 | Pie, pumpkin, commercially prepared | 109 | 1 piece | 3743 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184 | 1 cup | 3481 |
| 11658 | Spinach souffle, home-prepared | 136 | 1 cup | 3461 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 251 | 1 cup | 3303 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 19.6 | 1 liver | 3210 |
| 06207 | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve | 238 | 1 cup | 3196 |
| 11547 | Tomato products, canned, puree, without salt added | 250 | 1 cup | 3188 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258 | 1 cup | 3173 |
| 14316 | Malted milk-flavor mix, chocolate, added nutrients, powder, prepared with milk | 265 | 1 cup | 3058 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial | 241 | 1 cup | 3005 |
| 11578 | Vegetable juice cocktail, canned | 242 | 1 cup | 2831 |
| 14315 | Malted milk-flavor mix, chocolate, added nutrients, powder | 21 | 3 heaping tsp | 2751 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245 | 1 cup | 2651 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 252 | 1 cup | 2543 |
| 09032 | Apricots, dried, sulfured, uncooked | 35 | 10 halves | 2534 |
| 14310 | Malted milk-flavor mix, natural, added nutrients, powder, prepared with milk | 265 | 1 cup | 2531 |
| 11549 | Tomato products, canned, sauce | 245 | 1 cup | 2399 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water, commercial | 241 | 1 cup | 2338 |
| 22906 | Chicken pot pie, frozen entree | 217 | 1 small pie | 2285 |
| 09181 | Melons, cantaloupe, raw | 69 | 1/8 melon | 2225 |
| 14309 | Malted milk-flavor mix, natural, added nutrients, powder | 21 | 4-5 heaping tsp | 2222 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 156 | 1 cup | 2165 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252 | 1 cup | 2117 |
| 09277 | Plantains, raw | 179 | 1 medium | 2017 |
| 11457 | Spinach, raw | 30 | 1 cup | 2015 |
| 06471 | Soup, vegetable beef, prepared with equal volume water, commercial | 244 | 1 cup | 1891 |
| 18330 | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239 | 1 pie shell | 1876 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244 | 1 cup | 1840 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 539 | 1 head | 1779 |
| 21042 | Fast foods, chili con carne | 253 | 1 cup | 1662 |
| 06202 | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve | 239 | 1 cup | 1644 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 163 | 1 head | 1581 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water | 177 | 1 packet | 1510 |

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|--------|--|------------|----------------|---------------------|
| 11960 | Carrots, baby, raw | 10 | 1 medium | 1501 |
| 01164 | Cheese sauce, prepared from recipe | 243 | 1 cup | 1473 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 1472 |
| 11251 | Lettuce, cos or romaine, raw | 56 | 1 cup | 1456 |
| 11531 | Tomatoes, red, ripe, canned, whole, regular pack | 240 | 1 cup | 1428 |
| 09278 | Plantains, cooked | 154 | 1 cup | 1400 |
| 06166 | Sauce, homemade, white, medium | 250 | 1 cup | 1383 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255 | 1 cup | 1380 |
| 11090 | Broccoli, raw | 88 | 1 cup | 1357 |
| 06206 | Soup, PROGRESSO HEALTHY CLASSICS MINESTRONE, canned, ready-to-serve | 241 | 1 cup | 1357 |
| 01143 | Egg substitute, liquid | 62.75 | 1/4 cup | 1355 |
| 11540 | Tomato juice, canned, with salt added | 243 | 1 cup | 1351 |
| 14341 | Pineapple and orange juice drink, canned | 250 | 8 fl oz | 1328 |
| 21082 | Fast foods, taco, beef | 263 | 1 large | 1315 |
| 11308 | Peas, green, canned, regular pack, drained solids | 170 | 1 cup | 1306 |
| 11192 | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt | 165 | 1 cup | 1305 |
| 21086 | Fast foods, tostada, with beans, beef, and cheese | 225 | 1 tostada | 1276 |
| 02028 | Spices, paprika | 2.1 | 1 tsp | 1273 |
| 08109 | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water | 142 | 1 packet | 1252 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 55 | 1 cup | 1250 |
| 08246 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes | 30 | 1-1/3 cup | 1250 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30 | 1-1/3 cup | 1250 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 30 | 1 cup | 1250 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, TOTAL | 30 | 3/4 cup | 1250 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55 | 1 cup | 1250 |
| 06018 | Soup, chicken noodle, canned, chunky, ready-to-serve | 240 | 1 cup | 1222 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes | 29 | 3/4 cup | 1208 |
| 01036 | Cheese, ricotta, whole milk | 246 | 1 cup | 1205 |
| 21074 | Fast foods, enchilada, with cheese | 163 | 1 enchilada | 1161 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 119 | 1 cup | 1151 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 156 | 1 cup | 1122 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 180 | 1 cup | 1121 |
| 09404 | Grapefruit juice, pink, raw | 247 | 1 cup | 1087 |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 1069 |
| 11253 | Lettuce, looseleaf, raw | 56 | 1 cup | 1064 |
| 01037 | Cheese, ricotta, part skim milk | 246 | 1 cup | 1063 |
| 09326 | Watermelon, raw | 286 | 1 wedge | 1047 |
| 09223 | Tangerine juice, canned, sweetened | 249 | 1 cup | 1046 |
| 11213 | Endive, raw | 50 | 1 cup | 1025 |
| 08125 | Cereals, QUAKER, oatmeal, instant, with apples and cinnamon, prepared with water | 149 | 1 packet | 1019 |

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| 08131 | Cereals, QUAKER, oatmeal, instant, maple and brown sugar, prepared with water | 155 | 1 packet | 1008 |
| 01095 | Milk, canned, condensed, sweetened | 306 | 1 cup | 1004 |
| 01097 | Milk, canned, evaporated, nonfat | 256 | 1 cup | 1004 |
| 09191 | Nectarines, raw | 136 | 1 nectarine | 1001 |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 244 | 1 cup | 964 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170 | 1 cup | 954 |
| 06204 | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve | 242 | 1 cup | 951 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 184 | 1 cup | 946 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 248 | 1 cup | 945 |
| 11333 | Peppers, sweet, green, raw | 149 | 1 cup | 942 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 250 | 1 cup | 938 |
| 21054 | Fast foods, salad, vegetable, tossed, without dressing, with chicken | 218 | 1-1/2 cups | 935 |
| 11279 | Okra, cooked, boiled, drained, without salt | 160 | 1 cup | 920 |
| 22907 | Pasta with meatballs in tomato sauce, canned entree | 252 | 1 cup | 920 |
| 06200 | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve | 237 | 1 cup | 920 |
| 09021 | Apricots, raw | 35 | 1 apricot | 914 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155 | 1 cup | 913 |
| 09236 | Peaches, raw | 170 | 1 cup | 910 |
| 02009 | Spices, chili powder | 2.6 | 1 tsp | 908 |
| 01057 | Eggnog | 254 | 1 cup | 894 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water, commercial | 253 | 1 cup | 888 |
| 22904 | Chili con carne with beans, canned entree | 222 | 1 cup | 884 |
| 21088 | Tostada with guacamole | 130.5 | 1 tostada | 876 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262 | 1 cup | 870 |
| 09226 | Papayas, raw | 304 | 1 papaya | 863 |
| 21082 | Fast foods, taco, beef | 171 | 1 small | 855 |
| 06359 | Soup, tomato, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 848 |
| 09246 | Peaches, dried, sulfured, uncooked | 39 | 3 halves | 844 |
| 09291 | Prunes, dried, uncooked | 42 | 5 prunes | 835 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125 | 1 cup | 833 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 61 | 1 cup | 832 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33 | 1-1/4 cup | 825 |
| 21053 | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 217 | 1-1/2 cups | 822 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 136 | 1 cup | 805 |
| 09189 | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened | 250 | 1 cup | 805 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 31 | 1 cup | 775 |
| 09218 | Tangerines, (mandarin oranges), raw | 84 | 1 tangerine | 773 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 123 | 1 tomato | 766 |

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|--------|---|------------|----------------|---------------------|
| 11159 | Coleslaw, home-prepared | 120 | 1 cup | 762 |
| 09292 | Prunes, dried, stewed, without added sugar | 248 | 1 cup | 759 |
| 11333 | Peppers, sweet, green, raw | 119 | 1 pepper | 752 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS | 27 | 3/4 cup | 750 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 30 | 1 cup | 750 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30 | 3/4 cup | 750 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 30 | 1 cup | 750 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PEANUT BUTTER PUFFS | 30 | 3/4 cup | 750 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 30 | 1 cup | 750 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 30 | 3/4 cup | 750 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30 | 3/4 cup | 750 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN | 30 | 1/2 cup | 750 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 30 | 1 cup | 750 |
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30 | 1 cup | 750 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 30 | 3/4 cup | 750 |
| 08266 | Cereals ready-to-eat, GENERAL MILLS, HONEY FROSTED WHEATIES | 30 | 3/4 cup | 750 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 30 | 3/4 cup | 750 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 30 | 1 cup | 750 |
| 19441 | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit | 37 | 1 bar | 750 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29 | 1 cup | 750 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31 | 1 cup | 750 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31 | 3/4 cup | 750 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 31 | 3/4 cup | 750 |
| 18309 | Pie, cherry, prepared from recipe | 180 | 1 piece | 736 |
| 15041 | Finfish, herring, Atlantic, pickled | 85.05 | 3 oz | 732 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237 | 1 cup | 723 |
| 18257 | Eclairs, custard-filled with chocolate glaze, prepared from recipe | 100 | 1 éclair | 718 |
| 06216 | Soup, cream of chicken, prepared with equal volume milk, commercial | 248 | 1 cup | 714 |
| 22247 | Macaroni and Cheese, canned entree | 252 | 1 cup | 713 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water, commercial | 241 | 1 cup | 711 |
| 09250 | Peaches, frozen, sliced, sweetened | 250 | 1 cup | 710 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 30 | 1 cup | 703 |
| 11114 | Cabbage, savoy, raw | 70 | 1 cup | 700 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28 | 1 cup | 700 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 244 | 1 cup | 688 |
| 11457 | Spinach, raw | 10 | 1 leaf | 672 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258 | 1 cup | 668 |

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| 06423 | Soup, chicken with rice, canned, prepared with equal volume water, commercial | 241 | 1 cup | 660 |
| 11205 | Cucumber, with peel, raw | 301 | 1 large | 647 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245 | 1 cup | 647 |
| 21005 | Breakfast items, biscuit with egg and sausage | 180 | 1 biscuit | 635 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water, commercial | 244 | 1 cup | 630 |
| 21061 | Fast foods, burrito, with beans and cheese | 93 | 1 burrito | 625 |
| 21098 | Fast foods, cheeseburger, large, single patty, with condiments and vegetables | 219 | 1 sandwich | 613 |
| 01096 | Milk, canned, evaporated, without added vitamin A | 252 | 1 cup | 612 |
| 21083 | Fast foods, taco salad | 198 | 1-1/2 cups | 588 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 213 | 6-fl-oz can | 588 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 137 | 1 muffin | 586 |
| 20020 | Cornmeal, whole-grain, yellow | 122 | 1 cup | 572 |
| 20025 | Cornmeal, self-rising, degermed, enriched, yellow | 138 | 1 cup | 570 |
| 20022 | Cornmeal, degermed, enriched, yellow | 138 | 1 cup | 570 |
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water, commercial | 244 | 1 cup | 561 |
| 21078 | Fast foods, nachos, with cheese | 113 | 6-8 nachos | 559 |
| 09326 | Watermelon, raw | 152 | 1 cup | 556 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A | 23 | 1/3 cup | 545 |
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135 | 1 cup | 541 |
| 09060 | Carambola, (starfruit), raw | 108 | 1 cup | 532 |
| 09236 | Peaches, raw | 98 | 1 peach | 524 |
| 21050 | Entrees, pizza with cheese, meat, and vegetables | 79 | 1 slice | 524 |
| 11414 | Potato salad, home-prepared | 250 | 1 cup | 523 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 522 |
| 11297 | Parsley, raw | 10 | 10 sprigs | 520 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180 | 1 cup | 517 |
| 04526 | Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated) | 14.4 | 1 tbsp | 514 |
| 22402 | HEALTHY CHOICE Beef Macaroni, frozen entree | 240 | 1 package | 514 |
| 11091 | Broccoli, cooked, boiled, drained, without salt | 37 | 1 spear | 514 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248 | 1 cup | 508 |
| 04585 | Margarine-butter blend, 60% corn oil margarine and 40% butter | 14.2 | 1 tbsp | 507 |
| 18505 | KELLOGG'S Eggo Lowfat Homestyle Waffles | 35 | 1 waffle | 506 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210 | 1 cup | 506 |
| 04132 | Margarine, regular, unspecified oils, with salt added | 14.1 | 1 tbsp | 504 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 52 | 1 pastry | 501 |
| 08219 | Cereals ready-to-eat, QUAKER, QUAKER Toasted Oatmeal Cereal, Honey Nut | 49 | 1 cup | 500 |
| 18482 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge | 52 | 1 pastry | 500 |

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| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A | 244 | 1 cup | 500 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A | 244 | 1 cup | 500 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat | 250 | 1 cup | 500 |
| 01104 | Milk, chocolate, fluid, commercial, lowfat | 250 | 1 cup | 500 |
| 01085 | Milk, nonfat, fluid, with added vitamin A (fat free or skim) | 245 | 1 cup | 500 |
| 09206 | Orange juice, raw | 248 | 1 cup | 496 |
| 18361 | Toaster pastries, brown-sugar-cinnamon | 50 | 1 pastry | 493 |
| 22401 | HEALTHY CHOICE Spaghetti Bolognese, frozen entree | 283 | 1 package | 492 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 60 | 4 spears | 491 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85 | 3 oz | 485 |
| 11090 | Broccoli, raw | 31 | 1 spear | 478 |
| 19089 | Frozen desserts, ice cream, vanilla, rich | 74 | 1/2 cup | 476 |
| 21023 | Breakfast items, french toast with butter | 135 | 2 slices | 473 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 129 | 1 croissant | 472 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135 | 1 cup | 471 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 46 | 1 plum | 464 |
| 19090 | Frozen desserts, ice cream, french vanilla, soft-serve | 86 | 1/2 cup | 464 |
| 21090 | Fast foods, cheeseburger, regular, single patty, with condiments | 113 | 1 sandwich | 462 |
| 21077 | Fast foods, frijoles with cheese | 167 | 1 cup | 456 |
| 09060 | Carambola, (starfruit), raw | 91 | 1 fruit | 449 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 26 | 1/4 cup | 442 |
| 18147 | Cheesecake commercially prepared | 80 | 1 piece | 438 |
| 09207 | Orange juice, canned, unsweetened | 249 | 1 cup | 436 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254 | 1 cup | 434 |
| 01001 | Butter, with salt | 14.2 | 1 tbsp | 434 |
| 01145 | Butter, without salt | 14.2 | 1 tbsp | 434 |
| 14347 | Shake, fast food, vanilla | 333 | 16 fl oz | 433 |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 183 | 1 sandwich | 432 |
| 18239 | Croissants, butter | 57 | 1 croissant | 424 |
| 21124 | Fast foods, submarine sandwich, with cold cuts | 228 | 1 sandwich, 6" roll | 424 |
| 01132 | Egg, whole, cooked, scrambled | 61 | 1 large | 416 |
| 21125 | Fast foods, submarine sandwich, with roast beef | 216 | 1 sandwich, 6" roll | 413 |
| 18325 | Pie, pecan, prepared from recipe | 122 | 1 piece | 410 |
| 21097 | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments | 195 | 1 sandwich | 406 |
| 18403 | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk) | 33 | 1 waffle | 400 |
| 16008 | Beans, baked, canned, with franks | 259 | 1 cup | 399 |
| 21093 | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables | 166 | 1 sandwich | 398 |
| 09226 | Papayas, raw | 140 | 1 cup | 398 |
| 01128 | Egg, whole, cooked, fried | 46 | 1 large | 394 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100 | 1 cup | 385 |
| 21049 | Entrees, pizza with cheese | 63 | 1 slice | 382 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 11015 | Asparagus, canned, drained solids | 72 | 4 spears | 382 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter add | 210 | 1 cup | 378 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 98 | 1 half | 373 |
| 09200 | Oranges, raw, all commercial varieties | 180 | 1 cup | 369 |
| 01123 | Egg, whole, raw, fresh | 58 | 1 extra large | 368 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245 | 1 cup | 363 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 164 | 1 cup | 361 |
| 01111 | Milk shakes, thick vanilla | 313 | 11 fl oz | 357 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210 | 1 cup | 355 |
| 01007 | Cheese, camembert | 38 | 1 wedge | 351 |
| 11670 | Peppers, hot chili, green, raw | 45 | 1 pepper | 347 |
| 01042 | Cheese, pasteurized process, american, with di sodium phosphate | 28.35 | 1 oz | 343 |
| 01012 | Cheese, cottage, creamed, large or small curd | 210 | 1 cup | 342 |
| 21127 | Fast foods, coleslaw | 99 | 3/4 cup | 338 |
| 21092 | Fast foods, cheeseburger, regular, double patty, plain | 155 | 1 sandwich | 332 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245 | 1 cup | 331 |
| 11740 | Broccoli, flower clusters, raw | 11 | 1 floweret | 330 |
| 18308 | Pie, cherry, commercially prepared | 117 | 1 piece | 329 |
| 15071 | Finfish, rockfish, Pacific, mixed species, cooked, dry heat | 149 | 1 fillet | 326 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 98 | 1 half | 325 |
| 15086 | Finfish, salmon, sockeye, cooked, dry heat | 155 | 1/2 fillet | 324 |
| 11012 | Asparagus, cooked, boiled, drained | 60 | 4 spears | 323 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170 | 1 cup | 323 |
| 01125 | Egg, yolk, raw, fresh | 16.6 | 1 large | 323 |
| 01031 | Cheese, neufchatel | 28.35 | 1 oz | 321 |
| 11943 | Pimento, canned | 12 | 1 tbsp | 319 |
| 09112 | Grapefruit, raw, pink and red, all areas | 123 | 1/2 grapefruit | 319 |
| 21063 | Fast foods, burrito, with beans and meat | 115.5 | 1 burrito | 318 |
| 01030 | Cheese, muenster | 28.35 | 1 oz | 318 |
| 01123 | Egg, whole, raw, fresh | 50 | 1 large | 318 |
| 01131 | Egg, whole, cooked, poached | 50 | 1 large | 316 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 65 | 1 slice | 315 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 253 | 1 cup | 314 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 100 | 1/2 cup | 313 |
| 21113 | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218 | 1 sandwich | 312 |
| 14177 | Chocolate-flavor beverage mix, powder, prepared with milk | 266 | 1 cup | 311 |
| 14346 | Shake, fast food, chocolate | 333 | 16 fl oz | 310 |
| 01077 | Milk, fluid, 3.25% milkfat | 244 | 1 cup | 307 |
| 02029 | Spices, parsley, dried | 1.3 | 1 tbsp | 303 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 01102 | Milk, chocolate, fluid, commercial, | 250 | 1 cup | 303 |
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180 | 1 cup | 301 |
| 01009 | Cheese, cheddar | 28.35 | 1 oz | 300 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 168 | 1 cup | 297 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 115 | 1 piece | 291 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 253 | 1 cup | 288 |
| 15037 | Finfish, halibut, Atlantic and Pacific, cooked, dry heat | 159 | 1/2 fillet | 285 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 38 | 1/12 package | 283 |
| 21051 | Entrees, pizza with pepperoni | 71 | 1 slice | 282 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180 | 1 cup | 281 |
| 21025 | Fast foods, pancakes with butter and syrup | 232 | 2 pancakes | 281 |
| 01129 | Egg, whole, cooked, hard-boiled | 50 | 1 large | 280 |
| 01123 | Egg, whole, raw, fresh | 44 | 1 medium | 279 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 227 | 8-oz container | 279 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 60 | 1 slice | 278 |
| 01013 | Cheese, cottage, creamed, with fruit | 226 | 1 cup | 278 |
| 21094 | Fast foods, cheeseburger, regular, double patty and bun, plain | 160 | 1 sandwich | 277 |
| 19270 | Frozen desserts, ice cream, chocolate | 66 | 1/2 cup | 275 |
| 19095 | Frozen desserts, ice cream, vanilla | 66 | 1/2 cup | 270 |
| 09200 | Oranges, raw, all commercial varieties | 131 | 1 orange | 269 |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160 | 1 cup | 267 |
| 11251 | Lettuce, cos or romaine, raw | 10 | 1 leaf | 260 |
| 01046 | Cheese food, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 259 |
| 01110 | Milk shakes, thick chocolate | 300 | 10.6 fl oz | 258 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85 | 3 oz | 257 |
| 15157 | Mollusks, clam, mixed species, raw | 85 | 3 oz | 255 |
| 19123 | Desserts, puddings, chocolate, dry mix, instant, prepared with 2% milk | 147 | 1/2 cup | 253 |
| 19190 | Desserts, puddings, chocolate, dry mix, regular, prepared with 2% milk | 142 | 1/2 cup | 253 |
| 19212 | Desserts, puddings, vanilla, dry mix, regular, prepared with 2% milk | 140 | 1/2 cup | 252 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 38 | 1/12 package | 249 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256 | 1 cup | 248 |
| 06205 | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve | 244 | 1 cup | 244 |
| 15241 | Finfish, trout, rainbow, farmed, cooked, dry heat | 85 | 3 oz | 244 |
| 14196 | Cocoa mix, with aspartame, powder, without added calcium or phosphorus, with added sodium and vitamin A | 15 | 1/2 oz envelope | 240 |
| 14390 | Cocoa mix, with aspartame, prepared from item 14196 | 192 | 1 serving | 240 |
| 01040 | Cheese, swiss | 28.35 | 1 oz | 240 |
| 09042 | Blackberries, raw | 144 | 1 cup | 238 |
| 01035 | Cheese, provolone | 28.35 | 1 oz | 231 |
| 01044 | Cheese, pasteurized process, swiss, with di sodium phosphate | 28.35 | 1 oz | 229 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 01026 | Cheese, mozzarella, whole milk | 28.35 | 1 oz | 225 |
| 11205 | Cucumber, with peel, raw | 104 | 1 cup | 224 |
| 01048 | Cheese spread, pasteurized process, american, without di sodium phosphate | 28.35 | 1 oz | 223 |
| 11641 | Squash, summer, all varieties, raw | 113 | 1 cup | 221 |
| 21033 | Fast foods, sundae, hot fudge | 158 | 1 sundae | 221 |
| 01053 | Cream, fluid, heavy whipping | 15 | 1 tbsp | 221 |
| 18444 | Pie, fried pies, cherry | 128 | 1 pie | 220 |
| 06119 | Gravy, chicken, canned | 59.5 | 1/4 cup | 220 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35 | 1 oz | 214 |
| 11937 | Pickles, cucumber, dill | 65 | 1 pickle | 214 |
| 09279 | Plums, raw | 66 | 1 plum | 213 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120 | 1 medium | 212 |
| 04020 | Salad dressing, french, diet, low fat, 5 calories per teaspoon, with salt | 16.3 | 1 tbsp | 212 |
| 21028 | Fast foods, ice milk, vanilla, soft-serve, with cone | 103 | 1 cone | 211 |
| 21121 | Fast foods, roast beef sandwich, plain | 139 | 1 sandwich | 210 |
| 11301 | Peas, edible-podded, cooked, boiled, drained, without salt | 160 | 1 cup | 210 |
| 11206 | Cucumber, peeled, raw | 280 | 1 large | 207 |
| 01017 | Cheese, cream | 14.5 | 1 tbsp | 207 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 175 | 1 corn dog | 207 |
| 01004 | Cheese, blue | 28.35 | 1 oz | 204 |
| 18321 | Pie, lemon meringue, prepared from recipe | 127 | 1 piece | 203 |
| 04120 | Salad dressing, french, commercial, regular, with salt | 15.6 | 1 tbsp | 203 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water, commercial | 250 | 1 cup | 203 |
| 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 22 | 1 bar | 200 |
| 01029 | Cheese, mozzarella, part skim milk, low moisture | 28.35 | 1 oz | 199 |
| 06930 | Sauce, cheese, ready-to-serve | 63 | 1/4 cup | 199 |
| 15128 | Finfish, tuna salad | 205 | 1 cup | 199 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 150 | 1 cup | 198 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150 | 1 cup | 198 |
| 18320 | Pie, lemon meringue, commercially prepared | 113 | 1 piece | 198 |
| 18324 | Pie, pecan, commercially prepared | 113 | 1 piece | 198 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249 | 1 cup | 194 |
| 09209 | Orange juice, chilled, includes from concentrate | 249 | 1 cup | 194 |
| 19281 | Frozen desserts, ice, italian, restaurant-prepared | 116 | 1/2 cup | 194 |
| 15088 | Finfish, sardine, Atlantic, canned in oil, drained solids with bone | 85.05 | 3 oz | 191 |
| 11253 | Lettuce, looseleaf, raw | 10 | 1 leaf | 190 |
| 21126 | Fast foods, submarine sandwich, with tuna salad | 256 | 1 sandwich, 6" roll | 187 |
| 15071 | Finfish, rockfish, Pacific, mixed species, cooked, dry heat | 85 | 3 oz | 186 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 55 | 1 cup | 182 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|---------------------|---------------------|
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 65 | 1 piece | 180 |
| 15086 | Finfish, salmon, sockeye, cooked, dry heat | 85 | 3 oz | 178 |
| 09038 | Avocados, raw, California | 28.35 | 1 oz | 174 |
| 09039 | Avocados, raw, Florida | 28.35 | 1 oz | 174 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 28.35 | 1 oz | 173 |
| 09206 | Orange juice, raw | 86 | juice from 1 orange | 172 |
| 04561 | Margarine-like spread, approximately 60% fat, tub, unspecified oils | 4.8 | 1 tsp | 171 |
| 04526 | Margarine-like spread, approximately 60% fat, stick, soybean (hydrogenated) and palm (hydrogenated) | 4.8 | 1 tsp | 171 |
| 04128 | Margarine-like spread, (approximately 40% fat), unspecified oils | 4.8 | 1 tsp | 171 |
| 18367 | Waffles, plain, prepared from recipe | 75 | 1 waffle | 171 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 221 | 1/2 duck | 170 |
| 18120 | Cake, pound, commercially prepared, butter | 28 | 1 piece | 170 |
| 01052 | Cream, fluid, light whipping | 15 | 1 tbs | 169 |
| 04130 | Margarine, soft, unspecified oils, with salt added | 4.7 | 1 tsp | 168 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 77 | 1 ear | 167 |
| 05277 | Chicken, canned, meat only, with broth | 142 | 5 oz | 166 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240 | 1 cup | 166 |
| 20112 | Noodles, egg, spinach, cooked, enriched | 160 | 1 cup | 165 |
| 18305 | Pie, blueberry, commercially prepared | 117 | 1 piece | 164 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 164 |
| 18134 | Cake, sponge, prepared from recipe | 63 | 1 piece | 163 |
| 11143 | Celery, raw | 120 | 1 cup | 161 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85 | 3 oz | 161 |
| 09302 | Raspberries, raw | 123 | 1 cup | 160 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 226 | 1 cup | 158 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140 | 1 cup | 157 |
| 21015 | Fast foods, danish pastry, cheese | 91 | 1 pastry | 155 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial | 248 | 1 cup | 154 |
| 21089 | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain | 102 | 1 sandwich | 153 |
| 19293 | Frozen desserts, yogurt, vanilla, soft-serve | 72 | 1/2 cup | 153 |
| 11935 | Catsup | 15 | 1 tbs | 152 |
| 15037 | Finfish, halibut, Atlantic and Pacific, cooked, dry heat | 85 | 3 oz | 152 |
| 19314 | Pie fillings, canned, cherry | 74 | 1/8 of 21-oz can | 152 |
| 15142 | Crustaceans, crab, blue, crab cakes | 60 | 1 cake | 151 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135 | 1 cup | 151 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 28.35 | 1 oz (47 nuts) | 151 |
| 09306 | Raspberries, frozen, red, sweetened | 250 | 1 cup | 150 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 227 | 8-oz container | 150 |
| 21070 | Fast foods, chimichanga, with beef | 174 | 1 chimichanga | 146 |
| 09070 | Cherries, sweet, raw | 68 | 10 cherries | 146 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 15111 | Finfish, swordfish, cooked, dry heat | 106 | 1 piece | 145 |
| 08164 | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, without salt | 242 | 1 cup | 145 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 117 | 1 piece | 145 |
| 01186 | Cheese, cream, fat free | 15.6 | 1 tbsp | 145 |
| 09050 | Blueberries, raw | 145 | 1 cup | 145 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 135 | 1 cup | 142 |
| 06150 | Sauce, barbecue sauce | 15.75 | 1 tbsp | 137 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 60 | 10 rings | 135 |
| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 14 | 1 cookie | 135 |
| 09148 | Kiwi fruit, (chinese gooseberries), fresh, raw | 76 | 1 medium | 133 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95 | 1 piece | 133 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63 | 1 ear | 133 |
| 11156 | Chives, raw | 3 | 1 tbsp | 131 |
| 19193 | Desserts, puddings, rice, ready-to-eat | 113.4 | 4 oz | 129 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 60 | 1 roll | 129 |
| 06909 | Sauce, NESTLE, QUE BUENO Mild Nacho Cheese Sauce, ready-to-serve | 63 | 1/4 cup | 128 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170 | 1 cup | 128 |
| 01019 | Cheese, feta | 28.35 | 1 oz | 127 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 20 | 1 slice | 125 |
| 18023 | Bread, cornbread, dry mix, prepared | 60 | 1 piece | 123 |
| 21043 | Fast foods, clams, breaded and fried | 115 | 3/4 cup | 122 |
| 09040 | Bananas, raw | 150 | 1 cup | 122 |
| 18189 | Cookies, peanut butter, prepared from recipe | 20 | 1 cookie | 120 |
| 21059 | Fast foods, shrimp, breaded and fried | 164 | 6-8 shrimp | 120 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 46 | 1 plum | 119 |
| 11677 | Shallots, raw | 10 | 1 tbsp | 119 |
| 18279 | Muffins, corn, commercially prepared | 57 | 1 muffin | 119 |
| 09132 | Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 160 | 1 cup | 117 |
| 15111 | Finfish, swordfish, cooked, dry heat | 85 | 3 oz | 116 |
| 19393 | Frozen desserts, yogurt, chocolate, soft-serve | 72 | 1/2 cup | 115 |
| 18316 | Pie, coconut custard, commercially prepared | 104 | 1 piece | 114 |
| 18268 | French toast, frozen, ready-to-heat | 59 | 1 slice | 110 |
| 19088 | Frozen desserts, ice cream, light (50% of the fat), vanilla | 66 | 1/2 cup | 109 |
| 11672 | Potato pancakes, home-prepared | 76 | 1 pancake | 109 |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1 oz | 108 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 28.35 | 1 oz (142 seeds) | 108 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 17 | 1 cherry tomato | 106 |
| 04015 | Salad dressing, russian, with salt | 15.3 | 1 tbsp | 106 |
| 19057 | Snacks, tortilla chips, nacho-flavor | 28.35 | 1 oz | 105 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-----------------|---------------------|
| 18280 | Muffins, corn, dry mix, prepared | 50 | 1 muffin | 105 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 227 | 8-oz container | 104 |
| 18245 | Danish pastry, cheese | 71 | 1 danish | 104 |
| 02027 | Spices, oregano, ground | 1.5 | 1 tsp | 104 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 16 | 1 cookie | 102 |
| 21114 | Fast foods, hamburger, large, double patty, with condiments and vegetables | 226 | 1 sandwich | 102 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 125 | 1 cup | 101 |
| 09055 | Blueberries, frozen, sweetened | 230 | 1 cup | 101 |
| 21102 | Fast foods, chicken fillet sandwich, plain | 182 | 1 sandwich | 100 |
| 18003 | Bagels, egg | 89 | 4" bagel | 97 |
| 06164 | Sauce, ready-to-serve, salsa | 16 | 1 tbsp | 96 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 15 | 1 cookie | 96 |
| 09040 | Bananas, raw | 118 | 1 banana | 96 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 38 | 1 pancake | 95 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 15 | 1 tbsp | 95 |
| 01056 | Cream, sour, cultured | 12 | 1 tbsp | 95 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249 | 1 cup | 95 |
| 15034 | Finfish, haddock, cooked, dry heat | 150 | 1 fillet | 95 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 140 | 1/2 breast | 94 |
| 21129 | Fast foods, hush puppies | 78 | 5 pieces | 94 |
| 11109 | Cabbage, raw | 70 | 1 cup | 93 |
| 18302 | Pie, apple, prepared from recipe | 155 | 1 piece | 90 |
| 09087 | Dates, domestic, natural and dry | 178 | 1 cup | 89 |
| 09193 | Olives, ripe, canned (small-extra large) | 22 | 5 large | 89 |
| 11206 | Cucumber, peeled, raw | 119 | 1 cup | 88 |
| 14334 | Pineapple and grapefruit juice drink, canned | 250 | 8 fl oz | 88 |
| 19155 | Candies, M&M MARS, SNICKERS Bar | 57 | 1 bar (2 oz) | 87 |
| 21017 | Fast foods, danish pastry, fruit | 94 | 1 pastry | 86 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 45 | 6 large | 85 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84 | 6 medium | 84 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 226 | 1 cup | 84 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 101 | 4" biscuit | 83 |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 86 | 1 thigh | 82 |
| 19120 | Candies, milk chocolate | 44 | 1 bar (1.55 oz) | 81 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 245 | 1 cup | 81 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 57 | 1 muffin | 80 |
| 16120 | Soy milk, fluid | 245 | 1 cup | 78 |
| 18003 | Bagels, egg | 71 | 3-1/2" bagel | 77 |
| 02045 | Spices, dill weed, fresh | 1 | 5 sprigs | 77 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1 oz | 75 |
| 15077 | Finfish, salmon, chinook, smoked | 85.05 | 3 oz | 75 |

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|--------|--|------------|----------------------------|---------------------|
| 21108 | Fast foods, hamburger, regular, single patty, with condiments | 106 | 1 sandwich | 74 |
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 85 | 3 oz | 74 |
| 18090 | Cake, boston cream pie, commercially prepared | 92 | 1 piece | 74 |
| 09003 | Apples, raw, with skin | 138 | 1 apple | 73 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 7.5 | 1 medium leaf | 73 |
| 04133 | Salad dressing, french, home recipe | 14 | 1 tbsp | 72 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid | 244 | 1 cup | 71 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting | 64 | 1 piece | 70 |
| 19143 | Candies, HERSHEY, MR. GOODBAR Chocolate Bar | 49 | 1 bar (1.75 oz) | 70 |
| 18104 | Coffeeecake, cinnamon with crumb topping, commercially prepared, enriched | 63 | 1 piece | 70 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 93 | 6 large | 70 |
| 15232 | Finfish, roughy, orange, cooked, dry heat | 85 | 3 oz | 69 |
| 19061 | Snacks, trail mix, tropical | 140 | 1 cup | 69 |
| 19109 | Candies, HERSHEY, KIT KAT Wafer Bar | 42 | 1 bar (1.5 oz) | 68 |
| 09184 | Melons, honeydew, raw | 170 | 1 cup | 68 |
| 01055 | Cream, sour, reduced fat, cultured | 15 | 1 tbsp | 68 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 84 | 3 oz | 66 |
| 15119 | Finfish, tuna, light, canned in oil, drained solids | 85.05 | 3 oz | 66 |
| 01168 | Cheese, low fat, cheddar or colby | 28.35 | 1 oz | 66 |
| 19135 | Candies, M&M MARS, MARS MILKY WAY Bar | 61 | 1 bar (2.15 oz) | 66 |
| 04134 | Salad dressing, home recipe, cooked | 16 | 1 tbsp | 66 |
| 01049 | Cream, fluid, half and half | 15 | 1 tbsp | 65 |
| 18005 | Bagels, cinnamon-raisin | 89 | 4" bagel | 65 |
| 15067 | Finfish, pollock, walleye, cooked, dry heat | 85 | 3 oz | 65 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 146 | 1 cup | 64 |
| 09125 | Grapefruit juice, frozen concentrate, unsweetened, undiluted | 207 | 6-fl-oz can | 64 |
| 09184 | Melons, honeydew, raw | 160 | 1/8 melon | 64 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99 | 1 cup | 63 |
| 11333 | Peppers, sweet, green, raw | 10 | 1 ring | 63 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 72 | 1 drumstick | 62 |
| 18306 | Pie, blueberry, prepared from recipe | 147 | 1 piece | 62 |
| 19042 | Snacks, potato chips, barbecue-flavor | 28.35 | 1 oz | 62 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255 | 1 cup | 61 |
| 11935 | Catsup | 6 | 1 packet | 61 |
| 15027 | Finfish, fish portions and sticks, frozen, preheated | 57 | 1 portion (4" x 2" x 1/2") | 60 |
| 16112 | Miso | 68.75 | 1 cup | 60 |
| 05286 | Turkey and gravy, frozen | 142 | 5-oz package | 60 |
| 19087 | Sweets, candies, confectioner's coating, white | 170 | 1 cup | 60 |
| 11081 | Beets, cooked, boiled, drained | 170 | 1 cup | 60 |
| 07024 | Frankfurter, chicken | 45 | 1 frank | 59 |

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|--------|---|------------|----------------|---------------------|
| 09136 | Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C | 216 | 6-fl-oz can | 58 |
| 21119 | Fast foods, hotdog, with chili | 114 | 1 sandwich | 58 |
| 15221 | Finfish, tuna, yellowfin, fresh, cooked, dry heat | 85 | 3 oz | 58 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 34 | 1 muffin | 58 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 15 | 1 whole | 58 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165 | 1 cup | 58 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned | 240 | 1 cup | 58 |
| 19097 | Frozen desserts, sherbet, orange | 74 | 1/2 cup | 56 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85 | 3 oz | 56 |
| 19056 | Snacks, tortilla chips, plain | 28.35 | 1 oz | 56 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 49 | 1 wing | 55 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting | 64 | 1 piece | 54 |
| 21111 | Fast foods, hamburger, regular, double patty, with condiments | 215 | 1 sandwich | 54 |
| 11143 | Celery, raw | 40 | 1 stalk | 54 |
| 15034 | Finfish, haddock, cooked, dry heat | 85 | 3 oz | 54 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71 | 1 danish | 53 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 248 | 8 fl oz | 52 |
| 18005 | Bagels, cinnamon-raisin | 71 | 3-1/2" bagel | 52 |
| 11001 | Alfalfa seeds, sprouted, raw | 33 | 1 cup | 51 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 85.05 | 3 oz | 51 |
| 09094 | Figs, dried, uncooked | 38 | 2 figs | 51 |
| 04017 | Salad dressing, thousand island, commercial, regular, with salt | 15.6 | 1 tbsp | 50 |
| 11144 | Celery, cooked, boiled, drained, without salt | 37.5 | 1 stalk | 50 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 60 | 2-1/2" biscuit | 49 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 98 | 1/2 breast | 49 |
| 04023 | Salad dressing, thousand island, diet, low calorie, 10 calories per teaspoon, with salt | 15.3 | 1 tbsp | 49 |
| 09004 | Apples, raw, without skin | 110 | 1 cup | 48 |
| 15029 | Finfish, flatfish (flounder and sole species), cooked, dry heat | 127 | 1 fillet | 48 |
| 19043 | Snacks, potato chips, sour-cream-and-onion-flavor | 28.35 | 1 oz | 48 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 104 | 1 cup | 48 |
| 15121 | Finfish, tuna, light, canned in water, drained solids | 85 | 3 oz | 48 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 65 | 1 shortcake | 47 |
| 15084 | Finfish, salmon, pink, canned, solids with bone and liquid | 85 | 3 oz | 47 |
| 07017 | Chicken roll, light meat | 56.7 | 2 slices | 46 |
| 18133 | Cake, sponge, commercially prepared | 30 | 1 shortcake | 46 |
| 15067 | Finfish, pollock, walleye, cooked, dry heat | 60 | 1 fillet | 46 |
| 21024 | Fast foods, french toast sticks | 141 | 5 sticks | 45 |
| 09316 | Strawberries, raw | 166 | 1 cup | 45 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164 | 1 cup | 44 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------------|---------------------|
| 20005 | Barley, pearled, raw | 200 | 1 cup | 44 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145 | 1 cup | 44 |
| 19015 | Snacks, granola bars, hard, plain | 28.35 | 1 bar | 43 |
| 18102 | Cake, white, prepared from recipe with coconut frosting | 112 | 1 piece | 43 |
| 11439 | Sauerkraut, canned, solids and liquids | 236 | 1 cup | 42 |
| 18139 | Cake, white, prepared from recipe without frosting | 74 | 1 piece | 41 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 49 | 1 drumstick | 41 |
| 19033 | Snacks, CHEX mix | 28.35 | 1 oz (about 2/3 cup) | 41 |
| 19183 | Desserts, puddings, chocolate, ready-to-eat | 113 | 4 oz | 41 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 64 | 1 piece | 40 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210 | 1 cup | 40 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180 | 1 cup | 40 |
| 09161 | Lime juice, canned or bottled, unsweetened | 246 | 1 cup | 39 |
| 15058 | Finfish, ocean perch, Atlantic, cooked, dry heat | 85 | 3 oz | 39 |
| 15017 | Finfish, cod, Atlantic, canned, solids and liquid | 85 | 3 oz | 39 |
| 11954 | Tomatillos, raw | 34 | 1 medium | 39 |
| 04025 | Salad dressing, mayonnaise, soybean oil, with salt | 13.8 | 1 tbsp | 39 |
| 18151 | Cookies, brownies, commercially prepared | 56 | 1 brownie | 39 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 3 | 1 piece | 39 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 19 | 1 piece | 38 |
| 20113 | Noodles, chinese, chow mein | 45 | 1 cup | 38 |
| 08121 | Cereals, oats, regular and quick and instant, without fortified, cooked with water, without salt | 234 | 1 cup | 37 |
| 19041 | Snacks, pork skins, plain | 28.35 | 1 oz | 37 |
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 28.35 | 1 bar | 37 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27 | 3/4 cup | 37 |
| 09153 | Lemon juice, canned or bottled | 244 | 1 cup | 37 |
| 09132 | Grapes, red or green (european type varieties, such as, Thompson seedless), raw | 50 | 10 grapes | 37 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 36 | 1 pancake | 36 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27 | 3/4 cup | 36 |
| 09266 | Pineapple, raw | 155 | 1 cup | 36 |
| 14545 | Tea, herb, chamomile, brewed | 178 | 6 fl oz | 36 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254 | 1 cup | 36 |
| 18116 | Cake, gingerbread, prepared from recipe | 74 | 1 piece | 36 |
| 19080 | Candies, semisweet chocolate | 168 | 1 cup | 35 |
| 01032 | Cheese, parmesan, grated | 5 | 1 tbsp | 35 |
| 14267 | Fruit punch drink, canned | 248 | 8 fl oz | 35 |
| 21047 | Entrees, fish fillet, battered or breaded, and fried | 91 | 1 fillet | 35 |
| 18319 | Pie, fried pies, fruit | 128 | 1 pie | 35 |
| 01073 | Dessert topping, semi solid, frozen | 4 | 1 tbsp | 34 |

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|--------|--|------------|--------------------------|---------------------|
| 12167 | Nuts, chestnuts, european, roasted | 143 | 1 cup | 34 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 52 | 1 thigh | 34 |
| 18155 | Cookies, butter, commercially prepared, enriched | 5 | 1 cookie | 34 |
| 09252 | Pears, raw | 166 | 1 pear | 33 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1 oz | 33 |
| 19150 | Candies, HERSHEY, REESE'S Peanut Butter Cups | 45 | 1 package (contains 2) | 33 |
| 21139 | Fast foods, potato, mashed | 80 | 1/3 cup | 33 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S CRUNCHBERRIES | 26 | 3/4 cup | 33 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 16 | 1 piece | 33 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17 | 1 piece | 32 |
| 15029 | Finfish, flatfish (flounder and sole species), cooked, dry heat | 85 | 3 oz | 32 |
| 04539 | Salad dressing, blue or roquefort cheese, commercial, regular, with salt | 15.3 | 1 tbsp | 32 |
| 20110 | Noodles, egg, cooked, enriched | 160 | 1 cup | 32 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 240 | 1 cup | 31 |
| 18027 | Bread, egg | 40 | 1/2" slice | 30 |
| 19145 | Candies, NESTLE, CRUNCH Bar and Dessert Topping | 44 | 1 bar (1.55 oz) | 30 |
| 19132 | Candies, milk chocolate, with almonds | 41 | 1 bar (1.45 oz) | 30 |
| 11226 | Jerusalem-artichokes, raw | 150 | 1 cup | 30 |
| 19104 | Candies, fudge, vanilla, with nuts, prepared-from-recipe | 15 | 1 piece | 30 |
| 15027 | Finfish, fish portions and sticks, frozen, preheated | 28 | 1 stick (4" x 1" x 1/2") | 30 |
| 09020 | Applesauce, canned, sweetened, without salt | 255 | 1 cup | 28 |
| 11112 | Cabbage, red, raw | 70 | 1 cup | 28 |
| 19078 | Baking chocolate, unsweetened, squares | 28.35 | 1 square | 28 |
| 15192 | Finfish, cod, Pacific, cooked, dry heat | 85 | 3 oz | 27 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 42 | 1 cup | 27 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28 | 1 slice | 27 |
| 19040 | Snacks, popcorn, cheese-flavor | 11 | 1 cup | 27 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 47 | 1 medium | 27 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.35 | 1 oz | 27 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 8 | 1 medium | 26 |
| 05073 | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted | 44 | 1 drumstick | 26 |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172 | 1 cup | 26 |
| 01054 | Cream, whipped, cream topping, pressurized | 3 | 1 tbsp | 25 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 84 | 3 oz | 25 |
| 09128 | Grapefruit juice, white, raw | 247 | 1 cup | 25 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 85 | 3 oz | 25 |
| 19014 | Snacks, fruit leather, rolls | 21 | 1 large | 24 |
| 15011 | Finfish, catfish, channel, cooked, breaded and fried | 85 | 3 oz | 24 |
| 19201 | Desserts, puddings, vanilla, ready-to-eat | 113 | 4 oz | 24 |
| 05292 | Turkey patties, breaded, battered, fried | 64 | 1 patty | 24 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 11945 | Pickle relish, sweet | 15 | 1 tbsp | 23 |
| 15058 | Finfish, ocean perch, Atlantic, cooked, dry heat | 50 | 1 fillet | 23 |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 7 | 1 sandwich | 22 |
| 19263 | Frozen desserts, fruit and juice bars | 77 | 1 bar (2.5 fl oz) | 22 |
| 09126 | Grapefruit juice, frozen concentrate, unsweetened, diluted with 3 volume water | 247 | 1 cup | 22 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104 | 1 cup | 22 |
| 12142 | Nuts, pecans | 28.35 | 1 oz (20 halves) | 22 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 18 | 1 neck | 22 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 124 | 1 cup | 21 |
| 09087 | Dates, domestic, natural and dry | 41.5 | 5 dates | 21 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added vitamin C | 253 | 1 cup | 20 |
| 19294 | Fruit butters, apple | 17 | 1 tbsp | 20 |
| 09137 | Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C | 250 | 1 cup | 20 |
| 02015 | Spices, curry powder | 2 | 1 tsp | 20 |
| 19135 | Candies, M&M MARS, MARS MILKY WAY Bar | 18 | 1 fun size bar | 19 |
| 18274 | Muffins, blueberry, commercially prepared | 57 | 1 muffin | 19 |
| 11135 | Cauliflower, raw | 100 | 1 cup | 19 |
| 01072 | Dessert topping, pressurized | 4 | 1 tbsp | 19 |
| 11084 | Beets, canned, drained solids | 170 | 1 cup | 19 |
| 19140 | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies | 20 | 10 pieces | 19 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 86 | 1/2 breast | 18 |
| 21026 | Fast foods, potatoes, hashed brown | 72 | 1/2 cup | 18 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 47 | 1 slice | 18 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 35.2 | 1 cup | 18 |
| 11081 | Beets, cooked, boiled, drained | 50 | 1 beet | 18 |
| 11955 | Tomatoes, sun-dried | 2 | 1 piece | 17 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124 | 1 cup | 17 |
| 09123 | Grapefruit juice, canned, unsweetened | 247 | 1 cup | 17 |
| 19035 | Snacks, popcorn, oil-popped | 11 | 1 cup | 17 |
| 09150 | Lemons, raw, without peel | 58 | 1 lemon | 17 |
| 18214 | Crackers, cheese, regular | 10 | 10 crackers | 16 |
| 15126 | Finfish, tuna, white, canned in water, drained solids | 85 | 3 oz | 16 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 227 | 8-oz container | 16 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198 | 1 cup | 16 |
| 19034 | Snacks, popcorn, air-popped | 8 | 1 cup | 16 |
| 18243 | Croutons, seasoned | 40 | 1 cup | 16 |
| 18376 | Bread crumbs, dry, grated, seasoned | 120 | 1 cup | 16 |
| 08210 | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE | 50 | 1 cup | 16 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172 | 1 cup | 15 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 26 | 1 cookie | 15 |

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|--------|---|------------|------------------|---------------------|
| 06528 | Soup, chicken noodle, dehydrated, prepared with water | 252.3 | 1 cup | 15 |
| 09254 | Pears, canned, juice pack, solids and liquids | 248 | 1 cup | 15 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 4 | 1 tbsp | 14 |
| 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1 tsp | 14 |
| 19141 | Candies, M&M MARS, "M&M's" Plain Chocolate Candies | 7 | 10 pieces | 14 |
| 01094 | Milk, buttermilk, dried | 6.5 | 1 tbsp | 14 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196 | 1 cup | 14 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 15 | 1 cookie | 14 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15 | 1 tbsp | 13 |
| 07073 | Sandwich spread, pork, beef | 15 | 1 tbsp | 13 |
| 11399 | Potato puffs, frozen, prepared | 79 | 10 puffs | 13 |
| 09273 | Pineapple juice, canned, unsweetened, without added ascorbic acid | 250 | 1 cup | 13 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 28.35 | 1 bar | 12 |
| 18290 | Pancakes, plain, dry mix, complete, prepared | 38 | 1 pancake | 12 |
| 09116 | Grapefruit, raw, white, all areas | 118 | 1/2 grapefruit | 12 |
| 12155 | Nuts, walnuts, english | 28.35 | 1 oz (14 halves) | 12 |
| 11445 | Seaweed, kelp, raw | 10 | 2 tbsp | 12 |
| 09298 | Raisins, seedless | 145 | 1 cup | 12 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32 | 3/4 cup | 12 |
| 04114 | Salad dressing, italian, commercial, regular, with salt | 14.7 | 1 tbsp | 11 |
| 09081 | Cranberry sauce, canned, sweetened | 57 | 1 slice | 11 |
| 12120 | Nuts, hazelnuts or filberts | 28.35 | 1 oz | 11 |
| 20006 | Barley, pearled, cooked | 157 | 1 cup | 11 |
| 11028 | Bamboo shoots, canned, drained solids | 131 | 1 cup | 10 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172 | 1 cup | 10 |
| 14242 | Cranberry juice cocktail, bottled | 253 | 8 fl oz | 10 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15 | 1 tbsp | 10 |
| 19312 | Pie fillings, canned, apple | 74 | 1/8 of 21-oz can | 10 |
| 18110 | Cake, fruitcake, commercially prepared | 43 | 1 piece | 9 |
| 09152 | Lemon juice, raw | 47 | juice of 1 lemon | 9 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 54 | 3 flowerets | 9 |
| 04022 | Salad dressing, russian, low calorie, with salt | 16.3 | 1 tbsp | 9 |
| 08220 | Cereals ready-to-eat, QUAKER, QUAKER Low Fat 100% Natural Crispy Wholegrain Cereal with Raisins | 50 | 1/2 cup | 9 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 85 | 3 oz | 9 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85 | 3 oz | 9 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 50 | 1 cupcake | 9 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 60 | 1 medium | 8 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120 | 1 piece | 8 |
| 21130 | Fast foods, onion rings, breaded and fried | 83 | 8-9 rings | 8 |
| 12147 | Nuts, pine nuts, pignolia, dried | 28.35 | 1 oz | 8 |

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|--------|--|------------|-------------------|---------------------|
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 14 | 1 hole | 8 |
| 06094 | Soup, onion mix, dehydrated, dry form | 39 | 1 packet | 8 |
| 09294 | Prune juice, canned | 256 | 1 cup | 8 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85 | 3 oz | 8 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85 | 3 oz | 8 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85 | 3 oz | 8 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 85 | 3 oz | 8 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 42.5 | 1 cake | 7 |
| 19036 | Snacks, popcorn, cakes | 10 | 1 cake | 7 |
| 18192 | Cookies, shortbread, commercially prepared, plain | 8 | 1 cookie | 7 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 49 | 1 slice | 7 |
| 19071 | Candies, carob | 28.35 | 1 oz | 7 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85 | 3 oz | 7 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85 | 3 oz | 7 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 85 | 3 oz | 7 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 85 | 3 oz | 7 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85 | 3 oz | 7 |
| 15141 | Crustaceans, crab, blue, canned (crabmeat) | 135 | 1 cup | 7 |
| 02046 | Mustard, prepared, yellow | 5 | 1 tsp or 1 packet | 7 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 81 | 1/4 block | 6 |
| 02010 | Spices, cinnamon, ground | 2.3 | 1 tsp | 6 |
| 14181 | Chocolate syrup, without added nutrients | 18.75 | 1 tbsp | 6 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 140 | 1 cup | 6 |
| 18206 | Cookies, sugar, refrigerated dough, baked | 15 | 1 cookie | 6 |
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 28.35 | 1 oz | 5 |
| 11667 | Seaweed, spirulina, dried | 0.93 | 1 tbsp | 5 |
| 18170 | Cookies, fig bars | 16 | 1 cookie | 5 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 8 | 1 tbsp | 5 |
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85 | 3 oz | 5 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 85 | 3 oz | 5 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85 | 3 oz | 5 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 7 | 1 sandwich | 5 |
| 14342 | Rice beverage, IMAGINE FOODS, RICE DREAM, canned | 245 | 1 cup | 5 |
| 09316 | Strawberries, raw | 18 | 1 strawberry | 5 |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 15 | 1 cookie | 5 |
| 09254 | Pears, canned, juice pack, solids and liquids | 76 | 1 half | 5 |
| 18178 | Cookies, oatmeal, commercially prepared, regular | 25 | 1 cookie | 5 |

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|--------|--|------------|-----------------|---------------------|
| 18039 | Bread, oatmeal | 27 | 1 slice | 4 |
| 14175 | Chocolate-flavor beverage mix, powder | 21.6 | 2-3 heaping tsp | 4 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 28.35 | 1 oz | 4 |
| 16158 | Hummus, commercial | 14 | 1 tbsp | 4 |
| 19051 | Snacks, rice cakes, brown rice, plain | 9 | 1 cake | 4 |
| 14194 | Cocoa mix, without added nutrients, powder, prepared with water | 206 | 1 serving | 4 |
| 01069 | Cream substitute, powdered | 2 | 1 tsp | 4 |
| 02030 | Spices, pepper, black | 2.1 | 1 tsp | 4 |
| 14192 | Cocoa mix, without added nutrients, powder | 28.35 | 3 heaping tsp | 4 |
| 19127 | Candies, milk chocolate coated raisins | 10 | 10 pieces | 4 |
| 09160 | Lime juice, raw | 38 | juice of 1 lime | 4 |
| 18040 | Bread, oatmeal, toasted | 25 | 1 slice | 4 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182 | 1 cup | 4 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins | 51 | 1/2 cup | 4 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171 | 1 cup | 3 |
| 19077 | Baking chocolate, unsweetened, liquid | 28.35 | 1 oz | 3 |
| 09316 | Strawberries, raw | 12 | 1 strawberry | 3 |
| 19074 | Candies, caramels | 10.1 | 1 piece | 3 |
| 19300 | Jellies | 19 | 1 tbsp | 3 |
| 19348 | Syrups, chocolate, fudge-type | 19 | 1 tbsp | 3 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 6 | 1 packet | 3 |
| 19164 | Candies, HERSHEY, SPECIAL DARK Sweet Chocolate Bar | 8.4 | 1 miniature | 3 |
| 12061 | Nuts, almonds | 28.35 | 1 oz (24 nuts) | 3 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 141 | 4.5 fl oz | 3 |
| 11084 | Beets, canned, drained solids | 24 | 1 beet | 3 |
| 14277 | Grape drink, canned | 250 | 8 fl oz | 3 |
| 12147 | Nuts, pine nuts, pignolia, dried | 8.6 | 1 tbsp | 2 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248 | 1 cup | 2 |
| 11135 | Cauliflower, raw | 13 | 1 floweret | 2 |
| 09161 | Lime juice, canned or bottled, unsweetened | 15.4 | 1 tbsp | 2 |
| 06494 | Soup, onion, dehydrated, prepared with water | 246 | 1 cup | 2 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 60 | 2 fl oz | 2 |
| 19297 | Jams and preserves | 20 | 1 tbsp | 2 |
| 09153 | Lemon juice, canned or bottled | 15.2 | 1 tbsp | 2 |
| 18060 | Bread, rye | 32 | 1 slice | 2 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 13 | 1 hole | 2 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 2 |
| 06175 | Sauce, hoisin, ready-to-serve | 16 | 1 tbsp | 2 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 15 | 1 cookie | 1 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12 | 1 tbsp | 1 |
| 16055 | Carob flour | 8 | 1 tbsp | 1 |

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|--------|---|------------|----------------------|---------------------|
| 09298 | Raisins, seedless | 14 | 1 packet | 1 |
| 19165 | Cocoa, dry powder, unsweetened | 5.4 | 1 tbsp | 1 |
| 18212 | Cookies, vanilla wafers, lower fat | 4 | 1 cookie | 1 |
| 02007 | Spices, celery seed | 2 | 1 tsp | 1 |
| 18061 | Bread, rye, toasted | 24 | 1 slice | 1 |
| 18053 | Bread, reduced-calorie, rye | 23 | 1 slice | 1 |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1 oz (about 1/4 cup) | 1 |
| 18057 | Bread, reduced-calorie, white | 23 | 1 slice | 1 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 30 | 1 roll | 1 |
| 19076 | Candies, caramels, chocolate-flavor roll | 7 | 1 piece | 1 |
| 18226 | Crackers, rye, wafers, plain | 11 | 1 wafer | 1 |
| 19116 | Candies, marshmallows | 50 | 1 cup | 1 |
| 18048 | Bread, raisin, toasted, enriched | 24 | 1 slice | 0 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 14 | 1 cookie | 0 |
| 18159 | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched | 10 | 1 cookie | 0 |
| 11429 | Radishes, raw | 4.5 | 1 radish | 0 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1 oz | 0 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 10 | 1 cookie | 0 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 10 | 1 cookie | 0 |
| 18651 | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 16 | 1 cookie | 0 |
| 02055 | Horseradish, prepared | 5 | 1 tsp | 0 |
| 18375 | Leavening agents, yeast, baker's, active dry | 7 | 1 pkg | 0 |
| 18375 | Leavening agents, yeast, baker's, active dry | 4 | 1 tsp | 0 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 15 | 1 tbsp | 0 |
| 21037 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 106 | 6 pieces | 0 |
| 19353 | Syrups, maple | 20 | 1 tbsp | 0 |
| 19129 | Syrups, table blends, pancake | 20 | 1 tbsp | 0 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water, commercial | 244 | 1 cup | 0 |
| 19305 | Molasses, blackstrap | 20 | 1 tbsp | 0 |
| 05306 | Poultry food products, ground turkey, cooked | 82 | 1 patty | 0 |
| 20089 | Wild rice, cooked | 164 | 1 cup | 0 |
| 20125 | Spaghetti, whole-wheat, cooked | 140 | 1 cup | 0 |
| 20100 | Macaroni, cooked, enriched | 140 | 1 cup | 0 |
| 20121 | Spaghetti, cooked, enriched, without added salt | 140 | 1 cup | 0 |
| 05296 | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05 | 3 oz | 0 |
| 05168 | Turkey, all classes, meat only, cooked, roasted | 140 | 1 cup | 0 |
| 05188 | Turkey, all classes, dark meat, cooked, roasted | 84 | 3 oz | 0 |
| 19350 | Syrups, corn, light | 20 | 1 tbsp | 0 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 134 | 1 medium | 0 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.6 | 1 tsp | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 07064 | Pork sausage, fresh, cooked | 26 | 2 links | 0 |
| 22121 | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen | 85 | 1 patty | 0 |
| 22120 | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles | 110 | 1 cup | 0 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 169 | 1 large | 0 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 85 | 1 small | 0 |
| 07064 | Pork sausage, fresh, cooked | 27 | 1 patty | 0 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.7 | 2 slices | 0 |
| 07028 | Ham, sliced, extra lean, (approximately 5% fat) | 56.7 | 2 slices | 0 |
| 07027 | Ham, chopped, not canned | 21 | 2 slices | 0 |
| 07008 | Bologna, beef and pork | 56.7 | 2 slices | 0 |
| 07022 | Frankfurter, beef | 45 | 1 frank | 0 |
| 06800 | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve | 62 | 1/4 cup | 0 |
| 19336 | Sugars, powdered | 8 | 1 tbsp | 0 |
| 19335 | Sugars, granulated | 4.2 | 1 tsp | 0 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125 | 1 cup | 0 |
| 19334 | Sugars, brown | 3.2 | 1 tsp | 0 |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial | 241 | 1 cup | 0 |
| 19126 | Candies, milk chocolate coated peanuts | 40 | 10 pieces | 0 |
| 21118 | Fast foods, hotdog, plain | 98 | 1 sandwich | 0 |
| 05180 | Turkey, all classes, neck, meat only, cooked, simmered | 152 | 1 neck | 0 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 84 | 3 oz | 0 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177 | 1 cup | 0 |
| 07023 | Frankfurter, beef and pork | 45 | 1 frank | 0 |
| 02026 | Spices, onion powder | 2.1 | 1 tsp | 0 |
| 04031 | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated) | 12.8 | 1 tbsp | 0 |
| 20029 | Couscous, cooked | 157 | 1 cup | 0 |
| 20028 | Couscous, dry | 173 | 1 cup | 0 |
| 20027 | Cornstarch | 8.064 | 1 tbsp | 0 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18 | 1 tbsp | 0 |
| 04021 | Salad dressing, italian, commercial, diet, 2 calories per teaspoon, with salt | 15 | 1 tbsp | 0 |
| 19173 | Desserts, gelatins, dry mix, prepared with water | 135 | 1/2 cup | 0 |
| 20013 | Bulgur, cooked | 182 | 1 cup | 0 |
| 19176 | Desserts, gelatins, dry mix, reduced calorie, with aspartame, prepared with water | 117 | 1/2 cup | 0 |
| 20012 | Bulgur, dry | 140 | 1 cup | 0 |
| 06116 | Gravy, beef, canned | 58.25 | 1/4 cup | 0 |
| 04506 | Oil, vegetable, sunflower, linoleic, (60% and over) | 13.6 | 1 tbsp | 0 |
| 02020 | Spices, garlic powder | 2.8 | 1 tsp | 0 |
| 20037 | Rice, brown, long-grain, cooked | 195 | 1 cup | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 20010 | Buckwheat groats, roasted, cooked | 168 | 1 cup | 0 |
| 06121 | Gravy, mushroom, canned | 59.6 | 1/4 cup | 0 |
| 06125 | Gravy, turkey, canned | 59.6 | 1/4 cup | 0 |
| 19283 | Frozen desserts, ice pops | 59 | 1 bar (2 fl oz) | 0 |
| 07065 | Pork and beef sausage, fresh, cooked | 26 | 2 links | 0 |
| 06174 | Soup, stock, fish, home-prepared | 233 | 1 cup | 0 |
| 02047 | Salt, table | 6 | 1 tsp | 0 |
| 02048 | Vinegar, cider | 15 | 1 tbsp | 0 |
| 04002 | Lard | 12.8 | 1 tbsp | 0 |
| 02050 | Vanilla extract | 4.2 | 1 tsp | 0 |
| 19218 | Desserts, puddings, tapioca, ready-to-eat | 113 | 4 oz | 0 |
| 20011 | Buckwheat flour, whole-groat | 120 | 1 cup | 0 |
| 19411 | Snacks, potato chips, plain, salted | 28.35 | 1 oz | 0 |
| 20084 | Wheat flour, white, cake, enriched | 137 | 1 cup | 0 |
| 04543 | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed | 13.6 | 1 tbsp | 0 |
| 19410 | Snacks, potato chips, made from dried potatoes, plain | 28.35 | 1 oz | 0 |
| 04518 | Oil, vegetable corn, salad or cooking | 13.6 | 1 tbsp | 0 |
| 04511 | Oil, vegetable safflower, salad or cooking, oleic, (over 70%) | 13.6 | 1 tbsp | 0 |
| 20083 | Wheat flour, white, bread, enriched | 137 | 1 cup | 0 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125 | 1 cup | 0 |
| 19296 | Honey, strained or extracted | 21 | 1 tbsp | 0 |
| 20080 | Wheat flour, whole-grain | 120 | 1 cup | 0 |
| 20068 | Tapioca, pearl, dry | 152 | 1 cup | 0 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165 | 1 cup | 0 |
| 20033 | Oat bran, raw | 94 | 1 cup | 0 |
| 04135 | Salad dressing, home recipe, vinegar and oil | 15.6 | 1 tbsp | 0 |
| 20034 | Oat bran, cooked | 219 | 1 cup | 0 |
| 19422 | Snacks, potato chips, reduced fat | 28.35 | 1 oz | 0 |
| 20047 | Rice, white, long-grain, parboiled, cooked, enriched | 175 | 1 cup | 0 |
| 19811 | Snacks, potato chips, plain, unsalted | 28.35 | 1 oz | 0 |
| 20046 | Rice, white, long-grain, parboiled, dry, enriched | 185 | 1 cup | 0 |
| 04058 | Oil, sesame, salad or cooking | 13.6 | 1 tbsp | 0 |
| 04053 | Oil, olive, salad or cooking | 13.5 | 1 tbsp | 0 |
| 04042 | Oil, peanut, salad or cooking | 13.5 | 1 tbsp | 0 |
| 20045 | Rice, white, long-grain, regular, cooked | 158 | 1 cup | 0 |
| 04034 | Oil, soybean, salad or cooking, (hydrogenated) | 13.6 | 1 tbsp | 0 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185 | 1 cup | 0 |
| 01124 | Egg, white, raw, fresh | 33.4 | 1 large | 0 |
| 04582 | Vegetable oil, canola | 14 | 1 tbsp | 0 |
| 19156 | Candies, M&M MARS, STARBURST Fruit Chews | 5 | 1 piece | 0 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|------------------|---------------------|
| 18372 | Leavening agents, baking soda | 4.6 | 1 tsp | 0 |
| 18025 | Bread, cracked-wheat | 25 | 1 slice | 0 |
| 14371 | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259 | 8 fl oz | 0 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 27 | 2-1/2" biscuit | 0 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 21 | 2-1/4" biscuit | 0 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 14367 | Tea, instant, unsweetened, powder, prepared | 237 | 8 fl oz | 0 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89 | 4" bagel | 0 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71 | 3-1/2" bagel | 0 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85 | 3 oz | 0 |
| 18029 | Bread, french or vienna (includes sourdough) | 25 | 1/2" slice | 0 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85 | 3 oz | 0 |
| 14381 | Tea, herb, other than chamomile, brewed | 178 | 6 fl oz | 0 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 0 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85 | 3 oz | 0 |
| 14355 | Tea, brewed, prepared with tap water | 178 | 6 fl oz | 0 |
| 11674 | Potatoes, baked, flesh and skin, without salt | 202 | 1 potato | 0 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85 | 3 oz | 0 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 28.35 | 1 oz (approx 28) | 0 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16 | 1 tbsp | 0 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85 | 3 oz | 0 |
| 11403 | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt | 50 | 10 strips | 0 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 45 | 1 cup | 0 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 25 | 1 slice | 0 |
| 11363 | Potatoes, baked, flesh, without salt | 156 | 1 potato | 0 |
| 11364 | Potatoes, baked, skin, without salt | 58 | 1 skin | 0 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 136 | 1 potato | 0 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 156 | 1 cup | 0 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 135 | 1 potato | 0 |
| 11370 | Potatoes, hashed brown, home-prepared | 156 | 1 cup | 0 |
| 18065 | Bread, wheat, toasted (includes wheat berry) | 23 | 1 slice | 0 |
| 18064 | Bread, wheat (includes wheat berry) | 25 | 1 slice | 0 |
| 14376 | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared | 237 | 8 fl oz | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 11391 | Potatoes, hashed brown, frozen, plain, prepared | 29 | 1 patty | 0 |
| 11961 | Hearts of palm, canned | 33 | 1 piece | 0 |
| 18047 | Bread, raisin, enriched | 26 | 1 slice | 0 |
| 18045 | Bread, pumpernickel, toasted | 29 | 1 slice | 0 |
| 18044 | Bread, pumpernickel | 32 | 1 slice | 0 |
| 18041 | Bread, pita, white, enriched | 28 | 4" pita | 0 |
| 18041 | Bread, pita, white, enriched | 60 | 6-1/2" pita | 0 |
| 18036 | Bread, mixed-grain, toasted (includes whole-grain, 7-grain) | 24 | 1 slice | 0 |
| 18035 | Bread, mixed-grain (includes whole-grain, 7-grain) | 26 | 1 slice | 0 |
| 18033 | Bread, italian | 20 | 1 slice | 0 |
| 18031 | Bread, indian (navajo) fry | 160 | 10-1/2" bread | 0 |
| 18031 | Bread, indian (navajo) fry | 90 | 5" bread | 0 |
| 18055 | Bread, reduced-calorie, wheat | 23 | 1 slice | 0 |
| 14157 | Carbonated beverage, root beer | 370 | 12 fl oz | 0 |
| 14006 | Alcoholic beverage, beer, light | 354 | 12 fl oz | 0 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 42 | 1.5 fl oz | 0 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 103 | 3.5 fl oz | 0 |
| 14096 | Alcoholic beverage, wine, table, red | 103 | 3.5 fl oz | 0 |
| 14106 | Alcoholic beverage, wine, table, white | 103 | 3.5 fl oz | 0 |
| 14121 | Carbonated beverage, club soda | 355 | 12 fl oz | 0 |
| 14136 | Carbonated beverage, ginger ale | 366 | 12 fl oz | 0 |
| 14142 | Carbonated beverage, grape soda | 372 | 12 fl oz | 0 |
| 14143 | Carbonated beverage, low calorie, other than cola or pepper, with aspartame, without caffeine | 355 | 12 fl oz | 0 |
| 14145 | Carbonated beverage, lemon-lime soda | 368 | 12 fl oz | 0 |
| 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 77 | 1 ear | 0 |
| 14153 | Carbonated beverage, pepper-type, contains caffeine | 368 | 12 fl oz | 0 |
| 13348 | Beef, cured, corned beef, canned | 85.05 | 3 oz | 0 |
| 16097 | Peanut butter, chunk style, with salt | 16 | 1 tbsp | 0 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1 oz (approx 28) | 0 |
| 14209 | Coffee, brewed, prepared with tap water | 178 | 6 fl oz | 0 |
| 14210 | Coffee, brewed, espresso, restaurant-prepared | 60 | 2 fl oz | 0 |
| 14215 | Coffee, instant, regular, prepared with water | 179 | 6 fl oz | 0 |
| 14290 | Lemonade, low calorie, with aspartame, powder, prepared with water | 237 | 8 fl oz | 0 |
| 14297 | Lemonade-flavor drink, powder, prepared with water | 266 | 8 fl oz | 0 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 28.35 | 1 oz | 0 |
| 16073 | Lima beans, large, mature seeds, canned | 241 | 1 cup | 0 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188 | 1 cup | 0 |
| 14150 | Carbonated beverage, orange | 372 | 12 fl oz | 0 |
| 13085 | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 25 | 1 slice | 0 |
| 12078 | Nuts, brazilnuts, dried, unblanched | 28.35 | 1 oz (6-8 nuts) | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|-------------------|---------------------|
| 12104 | Nuts, coconut meat, raw | 45 | 1 piece | 0 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93 | 1 cup | 0 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 32 | 1/4 cup | 0 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 28.35 | 1 oz | 0 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 28.35 | 1 oz | 0 |
| 12586 | Nuts, cashew nuts, oil roasted, with salt added | 28.35 | 1 oz (18 nuts) | 0 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 28.35 | 1 oz (10-12 nuts) | 0 |
| 13050 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 14003 | Alcoholic beverage, beer, regular | 355 | 12 fl oz | 0 |
| 13073 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 13350 | Beef, cured, dried beef | 28.35 | 1 oz | 0 |
| 13160 | Beef, round, bottom round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 13168 | Beef, round, bottom round, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 13176 | Beef, round, eye of round, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 13184 | Beef, round, eye of round, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85 | 3 oz | 0 |
| 13278 | Beef, top sirloin, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, broiled | 85 | 3 oz | 0 |
| 13287 | Beef, top sirloin, separable lean only, trimmed to 1/4" fat, all grades, cooked, broiled | 85 | 3 oz | 0 |
| 13298 | Beef, ground, extra lean, cooked, broiled, medium | 85 | 3 oz | 0 |
| 13305 | Beef, ground, lean, cooked, broiled, medium | 85 | 3 oz | 0 |
| 13312 | Beef, ground, regular, cooked, broiled, medium | 85 | 3 oz | 0 |
| 16098 | Peanut butter, smooth style, with salt | 16 | 1 tbsp | 0 |
| 16103 | Refried beans, canned (includes USDA commodity) | 252 | 1 cup | 0 |
| 13058 | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85 | 3 oz | 0 |
| 18452 | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat | 43 | 1 cupcake | 0 |
| 19045 | Snacks, potato chips, made from dried potatoes, light | 28.35 | 1 oz | 0 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 55 | 1 cup | 0 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 30 | 1 cup | 0 |
| 08319 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, bite size | 55 | 1 cup | 0 |
| 08340 | Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal | 46 | 2 biscuits | 0 |
| 09011 | Apples, dried, sulfured, uncooked | 32 | 5 rings | 0 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 28.35 | 1 bar | 0 |
| 19002 | Snacks, beef jerky, chopped and formed | 19.8 | 1 large piece | 0 |
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 254 | 1 cup | 0 |
| 09124 | Grapefruit juice, canned, sweetened | 250 | 1 cup | 0 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 180 | 1 pie shell | 0 |
| 18456 | Cookies, oatmeal, commercially prepared, fat-free | 11 | 1 cookie | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 12 | 1 cup | 0 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17 | 1 cake | 0 |
| 18373 | Leavening agents, cream of tartar | 3 | 1 tsp | 0 |
| 18371 | Leavening agents, baking powder, low-sodium | 5 | 1 tsp | 0 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.6 | 1 tsp | 0 |
| 18364 | Tortillas, ready-to-bake or -fry, flour | 32 | 1 tortilla | 0 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 26 | 1 tortilla | 0 |
| 18360 | Taco shells, baked | 13.3 | 1 medium | 0 |
| 18353 | Rolls, hard (includes kaiser) | 57 | 1 roll | 0 |
| 18350 | Rolls, hamburger or hotdog, plain | 43 | 1 roll | 0 |
| 18070 | Bread, white, commercially prepared, toasted | 22 | 1 slice | 0 |
| 16051 | Beans, white, mature seeds, canned | 262 | 1 cup | 0 |
| 16034 | Beans, kidney, red, mature seeds, canned | 256 | 1 cup | 0 |
| 07072 | Salami, dry or hard, pork, beef | 20 | 2 slices | 0 |
| 07083 | Vienna sausage, canned, beef and pork | 16 | 1 sausage | 0 |
| 19108 | Candies, jellybeans | 28.35 | 10 large | 0 |
| 19107 | Candies, hard | 6 | 1 piece | 0 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 30 | 1 cup | 0 |
| 19107 | Candies, hard | 3 | 1 small piece | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 74 | 10 worms | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 4.2 | 1 medium | 0 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, regular | 51 | 1 cup | 0 |
| 19106 | Candies, gumdrops, starch jelly pieces | 22 | 10 bears | 0 |
| 19047 | Snacks, pretzels, hard, plain, salted | 60 | 10 pretzels | 0 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 31 | 1-1/4 cup | 0 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 55 | 1 cup | 0 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 30 | 1 cup | 0 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 7.119 | 1 tbsp | 0 |
| 08091 | Cereals, corn grits, white, regular, quick, enriched, cooked with water, without salt | 242 | 1 cup | 0 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared with water | 137 | 1 packet | 0 |
| 08103 | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt | 251 | 1 cup | 0 |
| 08105 | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt | 239 | 1 cup | 0 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar and Dessert Topping | 7 | 1 fun size bar | 0 |
| 08117 | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt | 240 | 1 cup | 0 |
| 08143 | Cereals, WHEATENA, cooked with water | 243 | 1 cup | 0 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14 | 1 cup | 0 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, baked | 126 | 1 pie shell | 0 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 30 | 3/4 cup | 0 |
| 14400 | Carbonated beverage, cola, contains caffeine | 370 | 12 fl oz | 0 |

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| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|-------------------------------|---------------------|
| 18177 | Cookies, molasses | 15 | 1 cookie, medium | 0 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 14 | 2 squares | 0 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 84 | 1 cup | 0 |
| 14429 | Water, municipal | 237 | 8 fl oz | 0 |
| 14416 | Carbonated beverage, low calorie, cola, with aspartame, contains caffeine | 355 | 12 fl oz | 0 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 52 | 1.5 fl oz | 0 |
| 11215 | Garlic, raw | 3 | 1 clove | 0 |
| 11260 | Mushrooms, raw | 70 | 1 cup | 0 |
| 11261 | Mushrooms, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 11264 | Mushrooms, canned, drained solids | 156 | 1 cup | 0 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28 | 1 roll | 0 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 145 | 1 cup | 0 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 42 | 1.5 fl oz | 0 |
| 11282 | Onions, raw | 160 | 1 cup | 0 |
| 11282 | Onions, raw | 14 | 1 slice | 0 |
| 11282 | Onions, raw | 110 | 1 whole | 0 |
| 11283 | Onions, cooked, boiled, drained, without salt | 94 | 1 medium | 0 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210 | 1 cup | 0 |
| 11284 | Onions, dehydrated flakes | 5 | 1 tbsp | 0 |
| 18088 | Cake, angelfood, dry mix, prepared | 50 | 1 piece | 0 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 156 | 1 cup | 0 |
| 18086 | Cake, angelfood, commercially prepared | 28 | 1 piece | 0 |
| 07069 | Salami, cooked, beef and pork | 56.7 | 2 slices | 0 |
| 11268 | Mushrooms, shiitake, dried | 3.6 | 1 mushroom | 0 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 85 | 3 oz | 0 |
| 18310 | Pie, chocolate creme, commercially prepared | 113 | 1 piece | 0 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266 | 1 cup | 0 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 76 | 1 half | 0 |
| 18283 | Muffins, oat bran | 57 | 1 muffin | 0 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 52 | 1 muffin | 0 |
| 09340 | Pears, asian, raw | 122 | 1 pear | 0 |
| 09340 | Pears, asian, raw | 275 | 1 pear | 0 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 57 | 1 muffin | 0 |
| 10124 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted | 19 | 3 medium slices | 0 |
| 10131 | Pork, cured, canadian-style bacon, grilled | 46.5 | 2 slices | 0 |
| 18177 | Cookies, molasses | 32 | 1 cookie, large (3-1/2" to 4" | 0 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 85 | 3 oz | 0 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 103 | 3.5 fl oz | 0 |
| 18235 | Crackers, whole-wheat | 16 | 4 crackers | 0 |
| 18232 | Crackers, wheat, regular | 8 | 4 crackers | 0 |

USDA Nutrient Database for Standard Reference, Release 14

Vitamin A, IU (g) Content of Selected Foods per Common Measure, sorted by nutrient content

| NDB_No | Description | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 18229 | Crackers, standard snack-type, regular | 12 | 4 crackers | 0 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 12 | 4 crackers | 0 |
| 18220 | Crackers, melba toast, plain | 20 | 4 pieces | 0 |
| 18217 | Crackers, matzo, plain | 28.35 | 1 matzo | 0 |
| 18210 | Cookies, vanilla sandwich with creme filling | 15 | 1 cookie | 0 |
| 18210 | Cookies, vanilla sandwich with creme filling | 10 | 1 cookie | 0 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 42 | 1.5 fl oz | 0 |
| 18197 | Cookies, brownies, dry mix, special dietary, prepared | 22 | 1 brownie | 0 |
| 18075 | Bread, whole-wheat, commercially prepared | 28 | 1 slice | 0 |
| 10151 | Pork, cured, ham, whole, separable lean and fat, roasted | 85 | 3 oz | 0 |